



## Great Food & Great Wine

### Take Away

Pre-order to avoid waiting - Wine Sales Daily as per regulations

Monday to Sat - 9 am to 5pm  
Sundays - 9am to 1pm

### Deliveries

Wed to Sat - between 2pm and 5pm  
Sundays - between 11am and 1pm

### Delivery Route

Wed; Thurs; Fri; Sat; Sun - Bot River, Arabella, Maremanna, Houw Hoek

Thurs; Fri; Sat; Sun - R43 up to Hermanus, R44 up to Betty's Bay

Wed; Fri - N2 between Caledon and Grabouw

**Free Deliveries for Bot River**

### How it works

- Order not later than 11am on the day of delivery.
- Make sure you leave a contact number so that we can confirm everything.
- Orders above R350 are delivered for free. You pay R40 for orders below R350.
- Pay by EFT and send proof of payment via email, sms or whatsapp.
- Check that we received your order and proof of payment.
- We will call you when we are at your gate and leave your parcel at your door. Enjoy!

**Call 028 284 9809 WhatsApp 082 944 4524**

**Email [info@ecologylifestyle.co.za](mailto:info@ecologylifestyle.co.za)**

Please Note

Ecology cares about the well being of our customers. We have implemented health & safety measures to give you complete peace of mind. Some of our menu items may contain nuts or traces of nuts. We rely on fresh farm ingredients and all items are therefore subject to availability. We value all of our customers. If you have any compliments or complaints, please contact the manager on duty. We rely on your support and encouragement to run a good establishment.



## STARTERS, SOUPS & SIDES

<b>SAMOOSAS</b> - (Served with a tamarind sauce and coriander chutney)	x 4	x 8
Spinach & Feta	R 30	R 55
Chicken	R 35	R 65
Mutton	R 45	R 80
<b>BAJIAS:</b> Chilli Bites made with organic garden spinach		R 35
<b>SOUPS</b> - Served with Roosterkoek and a wedge of lemon	<b>350ml</b>	<b>750ml</b>
Samp & Bean Soup	R 45	R 80
Roasted Butternut & Red Pepper Soup or Spicy Chicken & Veg Soup	R 50	R 90
<b>ADD:</b> x 2 Roosterkoek		R 10
<b>SALOMIE</b> - Paratha style roti filled with your choice of:		
Butterbean Curry		R 60
Chicken Curry		R 70
Mutton Curry		R 80

## OUR SIGNATURE CURRIES

<b>BUTTER BEAN CURRY</b>	R 90
<b>Vegetarian.</b> Served with yoghurt raita, Paratha - style roti, wedge of lemon, onion & tomato kachumber and mango aचार.	
<b>SPICY YELLOW DHAL</b>	R 90
<b>Vegetarian.</b> Served with yoghurt raita, Paratha - style roti, wedge of lemon, onion & tomato kachumber and mango aचार.	
<b>GREEN MUNG DHAL</b>	R 90
<b>Vegetarian.</b> Served with yoghurt raita, Paratha - style roti, wedge of lemon, onion & tomato kachumber and mango aचार.	
<b>CHICKEN CURRY</b>	R 95
<b>Free Range.</b> Served with onion & tomato kachumber, mango aचार and a wedge of lemon. Choose basmati rice or a Paratha - style roti.	
<b>BUTTER CHICKEN</b>	R 95
<b>Free Range.</b> Served with onion & tomato kachumber, mango aचार and a wedge of lemon. Choose basmati rice or a Paratha - style roti.	
<b>DHAL GOSH</b>	R 110
<b>Dhal &amp; Mutton Curry in one.</b> Served with onion & tomato kachumber, mango aचार and a wedge of lemon. Choose basmati rice or a Paratha style roti.	
<b>MUTTON CURRY</b>	R 120
<b>Organic &amp; Free Range.</b> Served with onion & tomato kachumber, mango aचार and a wedge of lemon. Choose basmati rice or a Paratha - style roti.	
<b>ADD EXTRA:</b> Rice or Roti or Couscous	R 15

We rely on fresh farm ingredients.  
All items are subject to availability



## FLAME GRILLED SPECIALITIES

### GOURMET ORGANIC SHIRAZ BURGER

R 90

**200g** Hand-crafted Nguni beef burger, served on homemade sesame buns, garnished with Shiraz-based red onion relish, greens & mayo. Choose between a flame - grilled mealie or pap & smoor

### FLAME GRILLED ORGANIC PERI - PERI BABY CHICKEN

R 125

**Free Range. 500g** - Whole butterflied flame grilled baby chicken with double cream yoghurt raita, a slice of lemon and Roosterkoek. Choose between a flame - grilled mealie or pap & smoor

### SOUTH AFRICAN ORGANIC BRAAI PLATE

R 140

PaardenKloof organic lamb chops, boerewors and a flame - grilled mealie. Served with Roosterkoek or pap & smoor.

**ADD EXTRA:** Mealie or pap & smoor

R 15

## OUR FAMOUS WOOD FIRED PIZZAS

Thin base gourmet pizzas from our wood fired oven

### MARGHERITA

R 65

Fresh oregano, garlic and cherry tomatoes topped with mozzarella and cheddar cheese.

### ECO REVOLUTION

R 90

Caramelized butternut and beetroot, sprinkled with honey roasted pumpkin seeds, mozzarella, cheddar and feta cheese, rocket and a drizzling of hand-made pomegranate reduction.

### CHICKEN & SWEET CHILLI

R 90

Strips of chicken, mushrooms, sweet chilli sauce, colourful peppers, sesame seeds, topped with a generous sprinkling of mozzarella and cheddar cheese.

### PAARDENKLOOF FYNBOSSIE

R 100

Marinated lamb strips topped with mozzarella and cheddar cheese, oregano, peppers, red onion marmalade and olives.

## SWEET FAVOURITES

### KOEKSISTERS

R 30

Three Cape Malay style koeksisters dipped in syrup and dusted with fine coconut.

### CARAMEL BAKED CHEESE CAKE

R 40

Lovingly hand-made baked cheese cake with a crumbly biscuit base. Topped with a layer of caramel. Serves 1.

### CARROT CAKE

R 95

Homemade square loaf carrot cake with cream cheese topping just like it was made in grandma's kitchen. Serves 4 to 6; refrigerates well.

### FROZEN FRUIT TREAT....

### 100% GMO FREE JUICE LOLLIES ON A STICK!

The Orchard

Apple

R 22

The Oh-Jay

Orange

R 22

Ginger Ninja

Apple, carrot, lemon, ginger

R 22

Smashing Strawberry

Apple, yoghurt, strawberry, honey

R 22

Mango & Honey Happiness

Pineapple, mango, yoghurt, honey

R 22

Coconut Heaven

Beetroot, Coconut Cream, Coconut Milk, Honey

R 22

We rely on fresh farm ingredients.

All items are subject to availability

**100% PURE JUICES AND SMOOTHIES  
BLAST FROZEN & GMO FREE!**



**FRUIT & GREEN VEG JUICES**

		<b>Price</b>
The Cooler	Apple, Spinach, Celery, Cucumber, Lime, Avocado	R 39
Jungle Juice	Apple, Spinach, Avocado, Carrot, Kale, Celery, Courgette, Parsley, Alfalfa Sprouts	R 39
All Sorts	Apple, Cucumber, Celery, Yellow Pepper, Lemon, Courgette, Ginger	R 39
Chloro-Fill	Apple, Cucumber, Spinach, Celery, Avocado, Spirulina Powder	R 41

**GREEN VEG JUICES**

Celery	Celery	R 39
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**FRUIT & RED VEG JUICES**

Fab Four	Apple, Celery, Carrot, Beetroot	R 34
Mighty Mix	Apple, Spinach, Beetroot, Pineapple, Carrot, Celery, Cucumber	R 39
Brainiac	Apple, Cucumber, Celery, Beetroot, Pineapple, Lime, Avocado, Banana, Hemp Protein Powder, Ginko Biloba	R 46
Good Vibrations	Apple, Beetroot, Carrot, Celery, Lemon, Camu Camu Powder, Ginger	R 49

**FRUIT & CARROT JUICES**

Ginger Ninja	Apple, Carrot, Lemon, Ginger (2%)	R 34
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**ONLY FRUIT JUICES**

The Oh-Jay	Orange	R 36
Citrus App	Apple, Lemon	R 32
Cranberry Kudos	Orange, Apple, Cranberry, Lime	R 36
The Orchard	Apple	R 28
Mal for Melon	Watermelon, Mint, Basil	R 28
Club Tropicana	Apple, Pineapple, Yellow Pepper, Kiwi, Lemon, Banana	R 39

**DAIRY SMOOTHIES**

The Here & Now	Apple, Raspberries, Strawberries, Yoghurt (cow's milk), Cacao Powder, Ginkgo Biloba	R 40
Rise 'n Shine	Yoghurt, Apple, Pineapple, Banana	R 36

**DAIRY FREE SMOOTHIES**

Cream of Berry	Apple, Banana, Blueberries, Blackberries, Cranberries, Cherries, Strawberries, Almond Milk, Sesame Seeds, Pumpkin Seeds, Sunflower Seeds, Linseeds	R 41
Rise 'n Align	Almond Milk, Apple, Banana, Desiccated Coconut, Ground Linseeds, Mesquite Powder, Ginger, Honey, Chilli	R46

**SPORT JUICES & SMOOTHIES**

Beet It	Beetroot, Watermelon, Lime	R 48
Lift It - Ultra Endurance	Coconut water, Grape, Water, Beetroot, Lime	R 48
Muscle Memory	Milk, Almonds, Cacao, Honey, Vanilla	R 52
Level Up	Yoghurt, Milk, Peanut Butter, Banana, Honey, Vanilla	R 52
Reloaded	Grape, Blueberries, Coconut Water, Lemon, Honey	R 50



## HOT BEVERAGES

### COFFEE

Filter Coffee	R 15	Red Cappuccino	R 35
Decaf Coffee	R 20	Red Espresso	R 25
Americano	R 20	Double Red Espresso	R 40
Cappuccino	R 25	Café Latte	R 45
Espresso	R 15	Decaf Latte	R 45
Double Espresso	R 25	Rooibos Latte	R 45

### TEA & HOT CHOCOLATE

Five Roses	R 20
Rooibos, English Breakfast , Earl Grey, Strawberry, Raspberry, Spiced Chai, Camomile, Lemon, Green Tea, Peppermint, Black Currant.	R 25
Hot Chocolate	R 30

## COLD BEVERAGES

### SOFT DRINKS

Coke, Coke Zero, Sprite, Sprite Zero, Ginger Beer, Creme Soda, Fanta, Dry Lemon, Soda Water, Indian Tonic Water, Fitch & Leeds Club Soda	R 15
Red and White Grapetizer	R 25
Appletiser	R 25
500ml Sparkling and Still water	R 18
1 litre Sparkling water	R 24
1.5 litre Still water	R 28

### MILKSHAKES

Chocolate, Strawberry, Banana, Lime or Vanilla	Kids	R 30
Iced Coffee - Frappuccino style	Adults	R 40
		R 35
Coffee Shake - Espresso and fresh coffee grounds in Vanilla ice cream		R 48



## BEVERAGES

### SPARKLING 100% FRUIT JUICE & BLENDS

Cappy Passion Peach	330ml	R15
Cappy Mango and Orange	330ml	R15
Appletiser	330ml	R18
Appletiser	750ml	R38
Red Grapetiser	330ml	R18
Red Grapetiser	750ml	R38

### STILL 100% FRUIT JUICES & BLENDS

Cappy Orange	330ml	R15
Cappy Breakfast Blend	330ml	R15
Cappy Apple	330ml	R15
Cappy Tropical Punch	330ml	R15
Cappy Mango & Orange	330ml	R15
Cappy Pulpy Orange	330ml	R15
Cappy Orange	1 Litre	R30
Cappy Breakfast Blend	1 Litre	R30
Cappy Apple	1 Litre	R30
Cappy Tropical Punch	1 Litre	R30
Cappy Mango & Orange	1 Litre	R30

### ICED TEA

Fuze Red Fruits	330ml	R15
Fuze Red Fruits	500ml	R18
Fuze Lemon	330ml	R15
Fuze Lemon	500ml	R18
Fuze Peach	330ml	R15
Fuze Peach	500ml	R18

### VITAMIN WATER

Glaceau Essential - Orange (vitamins b's + c + calcium)	500ml	R24
Glaceau Power C - Dragonfruit (C, niacin, pantothenic acid, B6 and B12)	500ml	R24
Glaceau XXX - Triple Berry (C, B3, pantothenic acid, B6, B12)	500ml	R24

### WATER

Valpre Still	500 ml	R15
Valpre Still	1.5 litre	R25
Valpre Sparkling	500ml	R15
Valpre Sparkling	1 litre	R20





## BOUTIQUE WINES

The unique terroirs of the hidden valley at PaardenKloof are like no other anywhere in the world. At the turn of the century we planted vines on these high altitude mountains where wild buck and leopard still roam. The estate is near the sea and is characterised by ancient clay, Malmesbury shale, sandstone and Koffieklip soils. The wines are cool climate and hand crafted by our master viticulturists and wine makers. They are demarcated as Cape South Coast, Walker Bay, Bot River. You will taste our maritime pedigree in every bottle.

The wines are single varietal, single vineyard, BWI & IPW accredited and conform to sustainable environmental practices. Only limited quantities are produced and are sold at reasonable prices in relation to their exceptional quality and unique terrior.

		Bottle
<b>Ecology</b> Sauvignon Blanc 2018	Fresh Fynbos, crispy and tropical with notes of passion fruit. Full inviting mouth and great balance between freshness and roundness	R 70
<b>Ecology</b> Sauvignon Blanc 2014 <i>Desert Rose</i>	Aromas of tropical fruit and ripe granadilla. Lemon grass, quinces and kumquats follow on the palate, Finish in pomelo and grape fruit.	R 80
<b>Ecology</b> Pinot Noir 2014 <i>Desert Rose</i>	Rosé style, red gold colour, distinct Pinot Noir nose, layered dried rose petals, vanilla pods, and raspberries. Delicate and confident, highlighting pomegranate and sour cherries.	R 120
<b>Ecology</b> Shiraz 2014	Easy drinking 100% Shiraz. Ruby Red with hints of purple. Ripe Plum notes on entry with layers of strawberry and Caramel Toffee. Minimal oak influences retain the wine's fynbos floral pedigree.	R 140
<b>Ecology</b> Cabernet Sauvignon 2014	Ruby red with purple edge. Berry fruits upfront, with layers of caramel, leather and tobacco. Big tannins with a soft creamy mouthfeel and a long- lasting finish.	R 180



## BOUTIQUE WINES

		Bottle
<b>PaardenKloof</b> Sauvignon Blanc 2017 <i>Springtide</i>	Tropical aromas of granadilla and fresh cut pawpaw. Seductive oyster shell sensation reveals maritime origin. Delightful texture emphasises minerality and terroir.	R 100
<b>PaardenKloof</b> Pinot Noir 2013 <i>The Kiss</i>	Layered with red cherries and raspberries and hints of cinnamon. Delicate & confident on the palate. Lingering, with a grippy texture.	R 220
<b>PaardenKloof</b> Shiraz 2010 <i>The Long Road</i>	Dark ripe plum epicentre. cool climate origin, white pepper bouquet. Hints of truffle and dark berry fruits. Lightly oaked. Full texture and grip.	R 240
<b>PaardenKloof</b> Cabernet Sauvignon 2011 <i>Fynboshuis</i>	Ripe black currant. Dark stone fruits, layered with sweet cigar box, cassis and caramel. Rich full bodied and creamy on the mid-palate, Generous velvety smooth tannins. Complex & elegant.	R 280
		Bottle
<b>* PaardenKloof</b> Sauvignon Blanc 2013 <i>Bend in the Road</i>	Typical cool climate. Fresh lime & grapefruit on the nose. Exceptional aging ability. Bright & focused. Clean, refreshing orchard & Fynbos flavours. Perfect balance. Veritas Gold!	R 200
<b>* PaardenKloof</b> Shiraz 2008 <i>Die Lang Pad</i>	Dark, ripe plum, layered with black pepper & ripe cherry. Earthy tones, roasted nuts in caramel. Flavours of almond lending a sweet well rounded finish. Medium to full-bodied. Creamy and smooth.	R 500
<b>* PaardenKloof</b> Shiraz 2009 <i>The Long Road</i>	Intense ripe plum colour. Clear brilliant purple edge. Fruity with plum and cherry flavours, hints of fynbos potpourri and white pepper. Seductively layered. Lively long finish.	R 600
<b>* PaardenKloof</b> Cabernet Sauvignon 2010 <i>Fynboshuis</i>	Dark ruby red & purple edge. Showing red and black berries upfront, layers of caramel, leather and tobacco. Big tannins with a soft creamy mouth and a long-lasting finish.	R 650
<b>* PaardenKloof</b> Cabernet Sauvignon 2009 <i>Agterhuis</i>	Deep, dark, ripe plum colour. Youthful purple edge. Dominant fruity cranberry and blue berry flavours. Hints of cinnamon and cherry tobacco. Perfectly balanced, fine, creamy mouth feel. Lingering dark chocolate finish. Top 1% wines in the world on Vivino.com!	R 750

**\* Vintage Range. Limited Stock!**





## CRAFT BEERS AND CIDERS

### CRAFT BEER

HKB Saison Light Beer	Light, touch of wheat, moderately spicy, Fruity & dry.	R 35
HKB Blonde Beer	Belgian style beer, 100% barley malt, lightly hopped.	R 35
Hermanus Old Harbour	Overberg barley, Southern Hops, Preservative free.	R 39
Birkenhead Premium Lager	Medium bodied. Malty, fruity & honey aroma.	R 39
Birkenhead Honey Blonde	Sweeter than Continental Lager, malty, lightly hopped,	R 39
Frasers Hoppy Lager	Passion, Cascade and Cira Hops. Lemon & lime notes.	R 39
Frasers English Pale Ale	Balanced, nose freshly baked biscuits and citrus hops.	R 45
Frasers Moer Koffie Stout	Milk Stout. Coffee, Caramel, and Dark Chocolate.	R 48
Old Potters Plaas Japie	Belgian style dry ale. Spicy, subtle orange and citrus.	R 42
Old Potters City Slicker	Ale, Overberg barley. baked bread. American hops.	R 42
Old Potters Rooinek	Copper Ale, Overberg barley. Toffee and caramel.	R 42
Old Potters Flower Child	Hops driven India pale ale. Bitter, with a malty profile.	R 42

### CIDERS

Eversons Original	Crisp bitter sweet green apple. Full bodied.	R 30
Eversons Original Light	Crisp bitter sweet green apple base, light 3 %.	R 30
Eversons Pomegranate	Apple & pomegranate juices, Cherry & boiled sweets.	R 39
Eversons Cloudy Cider	Sweeter than normal. Apple driven. Full bodied.	R 30
Eversons Blueberry	Apple base with blueberry juice. Full bodied.	R 30
Eversons Non Alcoholic	Gluten free fresh pressed Non-fermented apple juice.	R 35



## FROZEN FOODS



### SAMOOSAS (Fry @ Home!)

	x 6	x 12
Spinach and Feta	R 35	R 65
Chicken	R 40	R 70
Mutton	R 50	R 90

See "From the Pantry" menu for Samosa Dips

### SOUPS (Defrost, Heat & Eat)

	350ml	750ml
Samp & Bean Soup	R 40	R 70
Roasted Butternut & Red Pepper Soup	R 45	R 80
Spicy Chicken & Veg Soup	R 45	R 80
Roosterkoek (Pack of 6 Frozen)		R 25

### OUR SIGNATURE CURRIES ( Defrost, Heat & Eat)

	400 g	800 g
Chicken Curry	R80	R150
Butter Chicken	R80	R150
Mutton Curry	R100	R180
Dhal Gosh	R90	R170
Spicy Yellow Dhal	R70	R 130
Green Mung Dhal	R70	R 130
Butterbean Curry	R70	R 130

### SIDES

Roti (Pack of 5 - Fry @ Home!)	R50
Basmati Rice (800g - Defrost, Heat & Eat)	R40
Couscous with Veg (800g - Defrost, Heat & Eat)	R40
Portion Chips (300g - Fry @ Home!)	R30

### OUR FAMOUS WOOD FIRED PIZZAS

Featuring our thicker Italian style Pizza bases specially crafted for home heating

#### MARGHERITA

Fresh oregano, garlic and cherry tomatoes topped with mozzarella and cheddar cheese.

R 55

#### ECO REVOLUTION

Caramelized butternut and beetroot, sprinkled with honey roasted pumpkin seeds, mozzarella, cheddar and feta cheese, rocket and a drizzling of hand-made pomegranate reduction.

R 80

#### CHICKEN & SWEET CHILLI

Strips of chicken, mushrooms, sweet chilli sauce, colourful peppers, sesame seeds, topped with a generous sprinkling of mozzarella and cheddar cheese.

R 80

#### PAARDENKLOOF FYNBOSSIE

Marinated lamb strips topped with mozzarella and cheddar cheese, oregano, peppers, red onion marmalade and olives.

R 90



## FROZEN FOODS



### PREPARED / MARINATED MEATS (Perfect for the Pan, Oven or Braai!)

Sausages (6 Pack)	R 60
Nguni Burgers- 200g each (2 pack)	R 90
Marinated Peri-Peri Spatchcock Baby Chicken (500g)	R 90
Marinated Lamb Chops (500g)	R 110
Marinated Sirloin Steaks ( 300g)	R 90

## FARM DELI

### OUR FAMOUS SAMOOSA DIPS / CHUTNEYS

	100g	250g
Coriander	R 20	R 45
Tamarind	R 20	R 45

### BILTONG

	200g
Beef - Salt & Pepper	R 65
Droe-wors	R 60

### ECOLOGY PURE RAW HONEY

	170g	320g
Fynbos	R 30	R 60
Eucalyptus/ Blue gum	R -	R 55

## FROM THE GARDEN


Ask us what is growing in our garden

Farm Prices

## FROM THE PANTRY

### PRESERVES & RELISHES

WB Mustard with sundried tomatoes	R 58
WB Sweet Marguerite's - Whole Piquant peppers	R 55
WB Spanish peppers	R 60
WB Sliced cucumbers (German)	R55
WB Peach Atchar	R 60
WB Chunky Tom	R 48
WB 3 Chili chutney	R 55
WB Jalapeno relish	R 55
WB Lord of the Ring - Hot chilli relish	R 55
WB Rattlesnake - Hot chilli relish	R 55
WB Green fig preserve	R 78
WB Blueberry jam	R 55
WB Guava jam	R 58






## FROM THE PANTRY



### PRESERVES & RELISHES

WB Apricot jam	R 57
WB Strawberry jam	R 62
WB Gooseberry jam	R 72
WB Youngberry jam	R 58
WB Blackberry jam	R 75
WB Ripe fig jam	R 55
WB Kalamata Olives	R 75
WB Diced Chilli Beetroot	R 60
Zest Honey Butter	R 44
Zest Honey Butter Coffee Bean	R 44
Zest Honey Butter Cinnabun	R 44
Zest pate	R 58
Zest Waterblommetjie Pickle	R 38
Zest Preserved Moroccan Lemons	R 35
Zest Mango & Lime Atchaar	R 48
Zest Sticky Onion & Mustard Seed	R 48
Zest Tilly's Beetroot Chutney	R 45
Zest Crunchy Pickles Cucumber ribbons	R 42
Zest Balsamic Pickled Onions with Rosemary	R 48
Zest Wine Grape Conserve	R 48
Zest Baby Green Figs Vanilla Pod	R 55
Zest Baby Purple Figs with Vanilla Pods	R 48
Zest Preserved Stem Ginger	R 55
Zest Spiced Ginger Conserve	R 45
Zest Pomegranate & vanilla Pod Conserve	R 46
Zest Preserved purple Fig	R 68
Zest Spiced Orange Preserve	R 68
Zest Makataan	R 85
Zest Green Fig Preserve	R 115
Zest Vinaigrette Olive Oil & balsamic	R 44
Zest Vinaigrette Herb Garden	R 44
Zest Vinaigrette Pomegranate Splash	R 44
Zest Fynbos Honey Mustard	R 44
Zest Bay Orang Twirls	R 48
Zest Moroccan Lime	R 46
Zest Eder Flower syrup	R 35
Zest Rose Syrup	R 35



## FARM DELI CHEESES



### SPECIALITY FARM CHEESE KINGWILL

	Unit or p/gr	Price
KW Gouda	p/gr	R0.00
KW Mild Cheddar	p/gr	R 0.22
KW Pepper 100g	Unit	R 32
KW Smoked Jalapeno 100g	Unit	R 32
KW Cumin 100g	Unit	R 32
KW Mixed Herbs 100g	Unit	R 32
KW Olives 100g	Unit	R 32
KW Chilli 100g	Unit	R 32
KW Chives & Onion 100g	Unit	R 32
KW Garlic & Onion	Unit	R 32
KW Stinging Nettle 100g	Unit	R 32
KW Sage 100g	Unit	R 32
KW Italian Sundried Tomato & Basil Mix 100g	Unit	R 32
KW Mustard Seed 100g	Unit	R 32
KW Coriander 100g	Unit	R 32
KW Smoked Cheddar per gram	p/gr	R 0.30
KW Mature Cheddar per gram	p/gr	R 0.27
KW Smoked Gouda per gram	p/gr	R 0.00
KW Teddy's Cheese (Hard - Parmesan type) per gram	p/gr	R 0.23
KW One Year Mature Cheese per gram	p/gr	R 0.25
SH Brie	p/gr	R 0.27
SH Camembert	p/gr	R 0.21
SH Nguni	p/gr	R 0,29
SH Salmo-Cajun	p/gr	R 0.24
SH Black pepper	p/gr	R 0.24
SH Chives	p/gr	R 0.24
SH Italian	p/gr	R 0.24
SH Coriander	p/gr	R 0.24
SH Boerenkaas	p/gr	R 0.26
SH Pecorino	p/gr	R 0.30
SH Bergkaas	p/gr	R 0.30
DW Camembert	Unit	R 33
DW Winelands Chefs Cammembert	Unit	R 82
DW Winelands Blue Camembert	p/gr	R 0.32
DW Winelands Brie	Unit	R 40
DW Winelands Blue Brie	p/gr	R 0.35
DW Fig Brie Wedges	p/gr	R 0.37
DW Chilli Brie	p/gr	R 0.35
DW Brie with Crushed Olives	p/gr	R 0.35
DW Brie Wild Mushroom Wedges	p/gr	R 0.35

## FARM STALL - SPICES & SEEDS

### CHILLI

Ground Chilli  
Coarse Chilli  
Peri-Peri - Fine  
Pure Fine Chillies  
Birds Eye Ground Chilli  
Peri-Peri Birds Eye Chilli  
Whole Birds Eye Chilli

### MASALA

Tea masala  
Curry powder Hot  
Curry Power Medium  
Chicken Masala  
Garam Masala  
Roasted masala  
Mother – in - Law  
Tandoori masala  
Steak & Chops  
Cajun Spice  
Roasted masala  
Fish masala

### MIXED SPICES

Chilli bite mix  
Haleem Mix  
Rice Spice  
Biryani Mix  
Braai Spice

### WHOLE SPICES

Whole Nutmeg  
Turmeric Fingers  
Cinnamon Sticks  
Whole Cardamom - Green  
Whole Cloves  
Whole Coriander  
Whole White peppercorns  
Whole Black peppercorns  
Genuine 100% pure Saffron -1 g  
Whole Dried Ginger  
Javantree/Mace

### GROUND SPICES

R15 Ground Cinnamon  
R18 Coarse Coriander  
R28 Ground Cumin  
R18 Ground Coriander  
R - Ground Nutmeg  
R - Ground Ginger  
R - Ground Garlic  
Ground Pure White Pepper  
R55 Ground Pure Black Pepper  
R14 Coarse Black pepper  
R14 Turmeric  
R15 Dhana Jheeroo  
R16 Smoked paprika  
R15 Normal paprika  
R16 Hing / Asafoetida  
R16 Ground Bay leaves

### SPICE SEEDS

R16 Ajwain / Ajmo Seeds  
R18 Star Aniseed  
R15 Aniseed  
Dill Seeds  
R22 Caraway Seeds  
R15 Whole Cumin Seeds  
R15 Black Cumin Seeds  
R22 Fennel Seeds  
R15 Black Mustard Seeds  
Fenugreek Seeds

### CEREAL SEEDS

R50 Poppy Seeds - Blue  
R15 Poppy Seeds - White  
R35 Polished Sesame Seeds  
R - Natural Sesame seeds  
R25 Sun Flower Seeds  
R15 Chia Seeds  
R40 Red Pumpkin Seeds  
R30 Green Pumpkin seeds  
R58 Linseeds

R18  
R13  
R20  
R15  
R35  
R20  
R12  
R28  
R22  
R30  
R15  
R15  
R -  
R14  
R50  
R15  
R20  
R45  
R25  
R15  
R15  
R17  
R35  
R15  
R15  
R15  
R35  
R -  
R25  
R15  
R12  
R25  
R -  
R22  
R15



## FARM STALL - HERBS, BEANS & NUTS

### HERBS

Garlic & herb  
Lemon & Herb  
Bay leaves  
Curry Leaves  
Marjoram  
Basil  
Parsley

### DHALS & LENTILS

Yellow Dhal/Oil Dhal  
Brown Chickpeas  
White Chickpeas  
Black Lentils/ Masoor  
Green lentils - 150g  
Split yellow Mung Dhal  
Pink Dhal  
Chana Dhal  
Urid Dhal  
Pea dhal  
Whole Yellow Peas  
Split Yellow Peas  
Whole Green Peas  
Split Green Peas

### SYRUPS & ESSENCE

Rose essence  
Almond essence  
Saffron essence  
Rose Syrup  
Elachi / Cardamom syrup

### NUTS & DRIED FRUITS

R16	Sultana mix	R -
R15	Whole Almonds	R30
R20	Slivered Almonds	R35
R -	Ground Almonds	R38
R15	Pecan Nuts	R -
R15	Cashew Nuts - Salted	R -
R15	Pistachio	R -
	Dates - 250g	R20
R18	Coconut - coarse	R-
R12	Coconut - fine	R16
R -	Tamarind -100g	R18
R12	Tamarind -200g	R28

### BEANS, RICE, FLOUR

R15	Butterbeans	R20
R16	Haricot Beans	R -
R16	Kidney beans	R -
R -	Sugar Beans	R18
R -	Vaal Beans	R -
R15	Bhimri Rice (1 kg)	R45
R12	Basmati Rice (1 kg)	R45
R15	Chana/Chickpea Flour	R -
R12	Wheat / Laapsi	R12

### OTHER

R -	Ghor- /. Jaggery - Soft ( 500g)	R65
R -	Soya Chunks	R -
R -	Cocoa Powder	R40
R45	Rock Salt	R -
R65	Sesame/Teel Oil	R45
	Mustard Oil	R45

